



## Dublin Senior Center

7600 AMADOR VALLEY BLVD.  
DUBLIN, CA 94568  
556-4511

[www.DublinSeniorCenter.com](http://www.DublinSeniorCenter.com)  
[seniorctr@dublin.ca.gov](mailto:seniorctr@dublin.ca.gov)

Monday through Friday, 9:00 AM – 4:00 PM  
Saturday, 8:30 AM – 12:00 PM

### Welcome!

Step inside the Senior Center and be welcomed by a friendly greeter. Once inside, find one of many activities that will intrigue you physically, mentally or intellectually, including the very popular van day trips. And remember, this is the place to find “rewarding friendships, intriguing activities and a lifestyle of possibilities.” Pick up a newsletter or view a copy online at [www.DublinSeniorCenter.com](http://www.DublinSeniorCenter.com).

### Be a Senior Center Supporter

Thank you! Your support has contributed toward the many new events and activities that the Center is now offering. If you are not a supporter, become one now and take pride in the knowledge that you too can help this Center grow for everyone’s pleasure. All supporters will be mailed the quarterly newsletter, *Dublin Doings*.

**Yearly Fee \$10; \$1 discount for Residents**

### Rentals

Do you need a place to host a party or a celebration? Please inquire about renting one of our beautiful City facilities like the Dublin Senior Center. For availability, fees and information, call (925) 556-4500. A copy of all rental applications may be downloaded at [www.dublin.ca.gov](http://www.dublin.ca.gov).

### Be a Senior Center Volunteer

Volunteers are individuals who offer themselves willingly. They step up to a task whenever or wherever they are needed. We have great volunteers at our Center, why not be one of them now. Training is available for all positions. If you have a special talent that you wish to teach others, that’s always welcome. Pick up a volunteer application at the reception desk or download a form at [www.dublin.ca.gov](http://www.dublin.ca.gov).



### Dine at The Shamrock Café

**Monday to Friday 11:30 AM-12:15 PM**

Stay healthy and fit eating at our affordable Café. The food is nutritious, the volunteer servers are friendly, and you never eat alone at any table you choose. Make your reservation by phone or in person no later than 1:00 PM, at least one day before your meal (Monday lunch must be reserved on Friday). Patrons, age 60 years and older, must register annually for the program to receive the discounted rate of \$3.25. A special discounted 10 punch card is \$30. For all others, the cost is \$4.75. Registration forms are available at the Dublin Senior Center front desk. For more information, visit [www.DublinSeniorCenter.com](http://www.DublinSeniorCenter.com) and click on the Newsletter link.

*\*Punch cards may also be used at Pleasanton and Livermore Senior Centers!*

### Senior Services

Have your questions answered. Get help to stay informed, stay healthy and stay safe. Appointments are available for H.I.C.A.P. (Health Insurance Counseling Advocacy Program), Diabetes Management Classes, AARP Safety Driving Course, Health, Senior Support Case Management and Memory Screening.



**The Senior Center will be closed  
on Monday, May 28 for Memorial Day**

## Computer Classes

Classes are non-stressful, private and tailored to your needs. Appointments are offered on Mondays and Tuesdays, beginning at 9:00am.

**One-on-One Fee: \$3 for 30 minutes**

## Beginning Art Classes

These classes prepare you to do artwork on your own, outside of a class situation. No previous art experience is necessary.

*Instructor: Arthur S. King*

CLASS	DATE	TIME	COST	NO.
Printmaking at Home	Saturday, April 7, 14 & 21	9am-12pm	\$17 Res/Sr \$20 Non Res/ under 50	27592
Drawing Caricatures	Saturday, May 19	9am-12pm	\$5 Res/Sr \$6 Non Res/ under 50	27584
World Drawing Day Event	Saturday, June 2	9am-12pm	\$5 Res/Sr \$6 Non Res/ under 50	28166
Watercolor Basics: Creating Texture	Friday, June 8, 15 & 22	12:30-3:30pm	\$17 Res/Sr \$20 Non Res/ under 50	28167
Floral Painting Basics	Saturday, June 16, 23 & 30	9am-12pm	\$17 Res/Sr \$20 Non Res/ under 50	28165

## Laughter Yoga

Join this easy, gentle form of exercise that uses yoga breathing principles to help reduce stress and lower blood pressure. Everyone is welcome including those in wheelchairs.

*Leader: Anna Wakefield*

**Adults FREE**

**FRI 10:00-11:00 AM — Drop-in**

## Gentle Yoga

A class of simple yoga movements suitable for anyone, at any age. Exercise and stretch with a supportive group. Please bring your own mat (optional chair exercises available). Accredited instructor, Lumi Pirvu, has been practicing several types of yoga for the past 7 years including Hatha/Yin, Vinyasa and Power Yoga.

**Res/Senior \$5/4 Classes**

**Non Res/Under 50 \$6/4 Classes**

**WED 3/7-3/28 5:30-6:30 PM Activity #28855**

## Balance, Agility & Strength

An exercise class of small and simple movements, either standing or in a chair (no floor exercises). Open to all fitness levels. Robin Weiss is a Certified Group Fitness Instructor and Personal Trainer of 35 years.

**Free Demo March 28 — Activity #28898**

**Res/Senior \$10/4 Classes**

**Non Res/Under 50 \$12/4 Classes**

**WED 4/4-4/25 10:00-10:45 AM Activity #28895**



## Music Lovers Sing-Along

There is no one to compete against; it's just a fun group. Lyrics and music are provided; just bring your melodic voice. All musical accompanists are welcome to join in.

*Leaders: Hawkins Lee and Bob Brown*

**Adults FREE**

**THU 10:15-11:15 — Drop-in**

## Latin Dancercise

Dance for fun in this drop-in class starting on March 1. Learn basic steps to International Latin dance variations. As you move your hips and feet, increase muscle tone, flexibility and core strength. Instructor, Yun Sun has over 50 years dance of experience as a professional ice dancer.

**Adults \$1.25 Activity Fee**

**THU 9:15-10:05 AM — Drop-in**

## Tai Chi Chih

Sit or stand to complete a series of movements. New students are welcome to follow along.

*Certified Instructor: Mary Case*

**Adults \$1.25 Activity Fee**

**TUE 1:45-2:45 PM — Drop-in**

## Traditional Tai Chi/Qi Quong

Start with "qi" (chi) quong exercises. Learn one new movement each week to eventually learn 24 forms.

*Instructor: John Deng*

**Resident/Senior \$10/4 classes**

**Non Resident/Under 50 \$12/4 classes**

**TUE 3/6-3/27 12:30-1:30 PM Activity #27742**

## Saturday Programs

Don't feel left out. You may be busy during the week; for your convenience we're open on Saturdays, too! We offer Jazzercise, open play ping pong, beginning art classes and beginning/intermediate line dance.

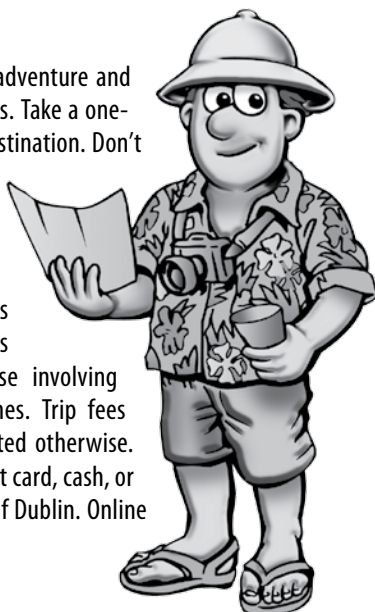
**8:30 AM to 12:00 PM**

## Senior Center Events

EVENT	DATE & TIME	DESCRIPTION	COST (incl. tax)	REG. DEADLINE	NO.
Friendship Luncheon	Thursday, April 12 11:40am	Meet new friends. Folk singer Steven Gary will entertain you.	\$7 Res/\$8 Non Res	Friday, April 6	28037
Mother's Day Luncheon	Thursday, May 10 11:40am	Let's get together to recognize all moms. Never Too Late Musical Revue by Stagebridge.	\$7 Res/\$8 Non Res	Friday, May 4	28038
Father's Day Luncheon	Thursday, June 14 11:40am	A day to honor all those guys called Dad.	\$7 Res/\$8 Non Res	Friday, June 8	28039

## Van Trips

It's good to get away, enjoy an adventure and do it all in the company of friends. Take a one-day van excursion to a nearby destination. Don't delay; register early as many trips fill up fast and the van capacity is limited to 14 people. Dublin residents receive priority registration. Non Residents register one week later. Deadlines for registration may vary; those involving show tickets have early deadlines. Trip fees do not include lunch, unless stated otherwise. Registration may be paid by credit card, cash, or check made payable to the City of Dublin. Online registration is available at [www.dublinrecguide.com](http://www.dublinrecguide.com).



### Registration and Refund Policy

- Full payment is due at the time of registration. Checks are payable to the "City of Dublin."
- Only check payments can be submitted by mail. Credit payments must be made in person or online at [www.DublinRecGuide.com](http://www.DublinRecGuide.com).
- Full trip refunds will be issued only when the Center cancels a trip.
- If you withdraw from a trip by the registration deadline, your refund will be posted to your account as a credit, minus the cost of any ticketed admission.
- If you would like your refund issued to you, please contact the Center. Refunds take up to 30 days and are subject to a \$5 processing fee.
- Withdrawal after the registration deadline may result in forfeiture of the trip fee unless your space can be sold to a person on the waitlist.

TRIP	DATE & TIME	COST	REGISTRATION	NO.
Filoli Gardens, Woodside	Wednesday, April 18 8:30am-4:00pm	\$51 Res/Senior \$59 Non Res / Under Age 50	Please call for availability	27571
Monterey	Friday, May 4 9:00am-5:00pm	\$39 Res/Sr \$47 Non Res / Under Age 50	Registration ends 4/9	28027
Million Dollar Quartet, San Jose	Saturday, May 12 9:45am-5:15pm	\$102 Res/Sr \$110 Non Res / Under Age 50	Registration ends 4/9	28040
Vacaville Outlets	Monday, May 21 9:00am-4:00pm	\$39 Res/Sr \$47 Non Res / Under Age 50	Registration ends 4/9	28028
De Young Museum, San Francisco	Wednesday, June 6 9:15am-4:00pm	\$56 Res/Sr \$64 Non Res / Under Age 50	Registration ends 4/9	28041
Carmel	Friday, June 15 8:30am-5:00pm	\$39 Res/Sr \$47 Non Res / Under Age 50	Registration ends 5/11	28029
Korbel, Guerneville	Saturday, June 23 8:15am-5:00pm	\$39 Res/Sr \$47 Non Res / Under Age 50	Registration ends 5/11	28030

## Casino Turnarounds

Test your odds to win! Pay cash or make your check payable to American Stage Tours and bring it to the Dublin Senior Center. Reservation, with payment, is accepted on a first-come, first-served basis. Price includes the casino package and motor coach transportation. Passengers must have a valid photo ID. Board the bus 15 minutes prior to departure. Chartered bus departs from and returns to the DUBLIN SPORTS PARK located on Dublin Boulevard at Civic Plaza.

**Please contact the Senior Center for a current list of casino trips.**

## Extended Travel Presentation

A representative from Collette Vacations will present a slideshow and answer questions about upcoming trip opportunities. This free program is open to the public. Please call to reserve a seat.

**Thursday, May 10, 10:30 AM**



DAY	TIME		CLASS
MONDAYS	9:00 - 11:00 AM	€ *	Pinochle
	9:00 AM - 3:00 PM (30 minute sessions)	\$ *	PC Computer 1-on-1 with Ed Osada Mac Computer 1-on-1 with Garrett Romain
	10:00 - 11:00 AM	\$ *	Fitness over 50 with Nancy Wigley
	10:00 AM - 12:15 PM	\$ *	Writing Class with Julaina Kleist
	11:30 AM - 12:00 PM	\$ *	Lunch with the Director – Reservation required (4th Mon)
	12:00 - 3:00 PM	€ *	Bridge – Advanced Play
	12:30 - 2:00 PM	\$ ♀	Advanced Line Dancing with Millie Dusha
	1:30 - 3:30 PM	€ ♀	Needle Arts Group (Quilters and more)
	3:00 - 3:45 PM	\$ *	Chair Pilates with Valentin
TUESDAYS	8:45 AM - 12:00 PM	€ *	Tri Valley Trail Trekkers
	9:00 AM - 12:30 PM	\$ *	PC Computer 1-on-1 with David Warwick
	10:15 - 11:15 AM	\$ ♀	Beginning/Intermediate Line Dance with Rosa Chan
	10:30 - 11:30 AM	€ ♀	Critique This – A Reading Group (every 4th Tues)
	12:00 - 3:30 PM	€ *	Intermediate Bridge
	12:00 - 3:30 PM	€ *	Poker
	12:30 - 1:30 PM	\$ *	Traditional Tai Chi with John Deng
	1:00 - 4:00 PM	€ ♀	Beginning Ukulele Session with Hawkins Lee/Bob Brown
	1:00 - 4:00 PM	€ ♀	Melody Minstrels Jam Session with Judy Kufin/Merrill Ito
	1:45 - 2:45 PM	€ ♀	Simply Tai Chi with Mary Case
	4:30 - 5:30 PM	\$ *	NIA (Non Impact Aerobics) with Lynda Farmer
	4:00 - 6:00 PM	♥ *	Managing Type 2 Diabetes 7-week Class with Marisa Castaldini
	5:40 - 6:25 PM	\$ *	Foot Fitness with Lynda Farmer
	9 AM - 12 PM; 1 - 4:00 PM	€ ♀	Ping Pong – Open Play
WEDNESDAYS	9:30 - 11:30 AM	€ *	Beginning Bridge with Donna McCarthy
	10:00 - 10:45 AM	\$ *	Balance, Agility & Strength with Robin Weiss
	12:30 - 3:30 PM	€ ♀	Art Studio for All Media
	12:45 - 3:30 PM	\$ ♀	Bingo, Sponsored by Dublin Senior Foundation
	1:00 - 3:00 PM	€ *	Beginning/Intermediate Bridge with Donna McCarthy
	1:00 - 3:30 PM	♥ ♀	Blankets for Vets (an opportunity to knit/crochet)
	5:30 - 6:30 PM	\$ *	Gentle Yoga with Lumi Pirvu
	9:00 AM	♥ ♀	Path Wanderers Walking Group (Call for schedule)
THURSDAYS	9 AM - 12 PM; 1 - 4:00 PM	€ ♀	Ping Pong – Open Play
	9:15 - 10:00 AM	€ *	Group Piano with Hawkins Lee
	9:15 - 10:05 AM	\$ ♀	Latin Dancercise with Yun Sun
	10:15 - 11:15 AM	♥ ♀	Music Lovers Sing-Along with Hawkins Lee/Bob Brown
	10:15 - 11:15 AM	€ ♀	Line Dancing for Beginners with Lynn Woods
	1:00 - 3:00 PM	€ ♀	Bunco with Sue Woods
	2:00 - 4:00 PM	\$ ♀	Mill's Line Dance Social – every 1st Thursday
	2:00 - 4:30 PM	\$ ♀	Easy Intermediate Line Dance with Millie Dusha
	9:00 AM - 12:00 PM	\$ *	Watercolor for All Levels, taught by Advanced Students
FRIDAYS	9:00 - 10:00 AM	\$ *	Stretch & Strengthen with Lumi Pirvu
	10:00 - 11:00 AM	♥ ♀	Laughter Yoga with Anna Wakefield
	11:00 AM - 12:00 PM	€ ♀	Line Dance Social with Karen Hong
	12:00 - 3:30 PM	€ *	Intermediate Bridge
	12:15 - 4:00 PM	€ ♀	American Mah Jong
	1:00 - 2:30 PM	€ *	ESL Practical Learning with Ramona Krausnick/Sweetie Law
	8:30 AM - 12:00 PM	€ ♀	Ping Pong – Open Play AM ONLY
SATURDAYS	9:00 AM - 12:00 PM	\$ *	Watercolor Art Class with Arthur S. King
	10:15 - 11:45 AM	\$ ♀	Beginning/Intermediate Line Dance with Rosa Chan

## ACTIVITY KEY



WALK-INS  
WELCOME  
(OTHERWISE  
PLEASE REGISTER  
IN ADVANCE,  
IN PERSON OR  
ONLINE)



ACTIVITY FEE  
\$1.25



COSTS VARY



NO CHARGE



REGISTRATION  
FOR SENIOR  
CENTER CLASSES  
REQUIRED BY  
CALLING  
556-4511

**SHAMROCK  
CAFE**

MONDAY – FRIDAY  
11:30 AM – 12:15 PM

**DancEscape**

**Friday, May 11**

**6:30-9:30 PM**

Featuring the Manny  
Gutierrez Quartet

\$9 Res/Senior

\$10 Non Res/Under 50

\$12 at the door

Activity Code 28901

